

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Cooking Group</b> 10am - 12-30pm	<b>Chair Yoga</b> <b>10-30am - 12pm</b> 28th Feb, 7th, 14th, 21st and 28th March	<b>Community Support Drop in</b> 10-30am - 12pm  <b>Next Steps in Baking</b> 10-30am - 1pm 8th, 15th and 22nd March	<b>Gardening Workshop</b> 10-30am - 12pm (23rd March) <b>Bereavement Support</b> 11am – 12pm (9th March) <b>Hearing Voices Group</b> 11am - 12pm (16th March) <b>Client Meeting</b> 11am - 12pm (30th March) <b>Calmful Crafting</b> 10.30 to 12.00	<b>Skill Sharing Group</b> 10-30am - 12pm  <b>Music Appreciation</b> 10-30am - 12pm
Afternoon	<b>Peer Support Group</b> 1-30pm - 3pm	<b>Autism Support Group</b> 1pm - 2pm (7th and 21st March)  <b>OCD support group</b> (1pm - 2-30pm) 14th—OCD –Checking and counting 28th—OCD –Cleaning and handwashing	<b>Creative Art for Wellbeing</b> 1pm - 3pm	<b>EGGSTRAVAGANZA</b> <b>23rd March</b> Chocolate, games and Easter celebrations! 11am - 3pm  <b>Circle of Support (not 23rd)</b> 1pm - 2-30pm	<b>Drama group</b> 1pm - 3pm  <b>Beginners Card Group</b> 1pm - 3pm

**Please note:** In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. If you need support or information or you are struggling to cope, please feel free to attend or call our centre during our opening times and a member of staff will be happy to provide assistance when they are available.